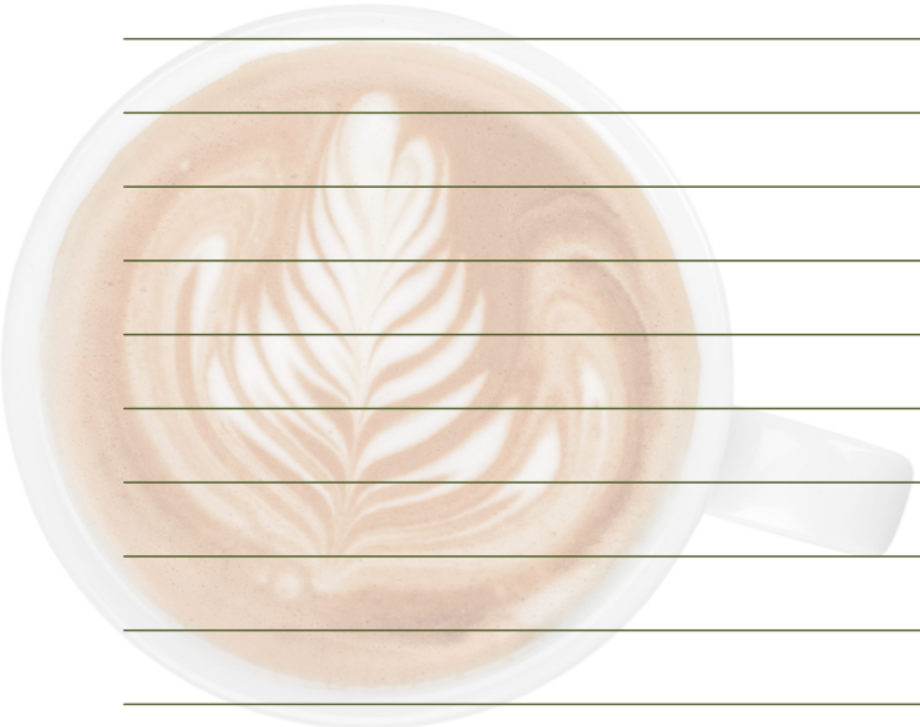
Energy Gifters

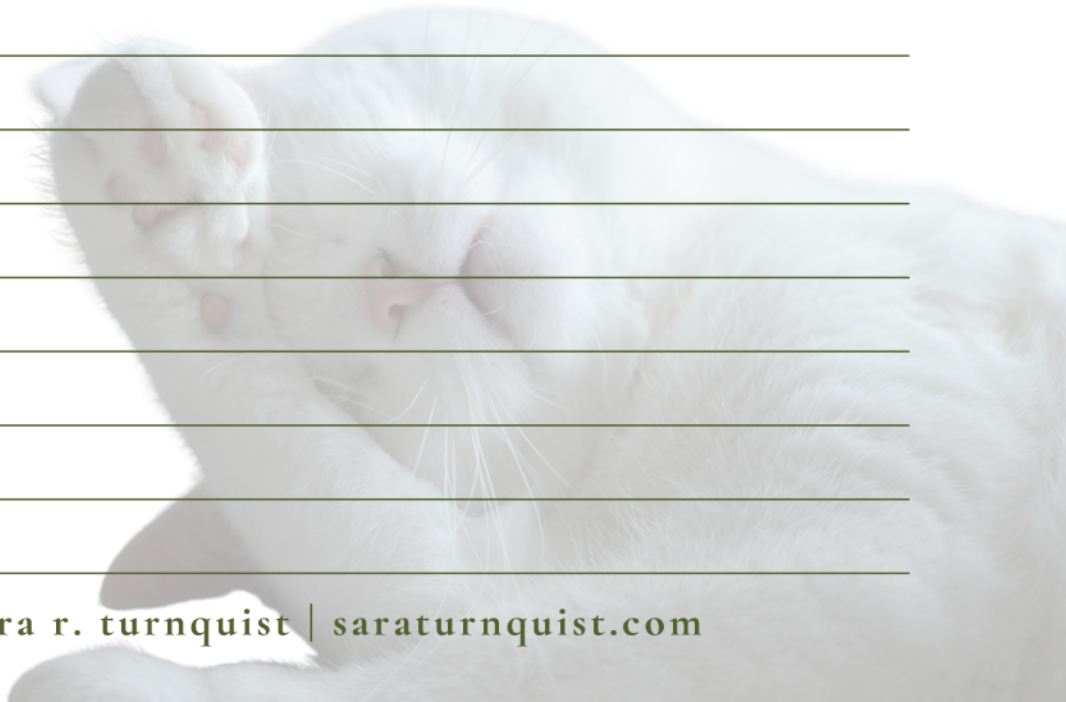
Write down some activities and tasks that give you energy. It can even be certain foods or drinks. Does brainstorming energize you? Or plotting?



©2024 sara r. turnquist | saraturnquist.com

Energy Drainers

Write down activities, tasks, food, or drinks that drain your energy or leave you depleted. Is that the more creatively intensive tasks for you? Or perhaps interacting in meetings?



©2024 sara r. turnquist | saraturnquist.com

High Energy Tasks

Write down some activities and tasks that give require a lot of energy to complete. That may be writing for you, or things that are marketing related. What is it for you?

©2024 sara r. turnquist | saraturnquist.com

Low Energy tasks

Write down some activities and tasks that don't require a lot of energy to complete. Maybe for you it's social media posting. Or perhaps reading.

©2024 sara r. turnquist | saraturnquist.com